



## **Autumn**

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### **A Day in Autumn**

It will not always be like this, The air windless, a few last. Leaves adding their decoration to the trees shoulders, braiding the cuffs of the boughs with gold: a bird preening.

In the lawn's mirror. Having looked up from the day's chores, pause a minute, let the mind take a photograph of the bright scene, something to wear against the heart in the long cold.

**By Ronald Stuart  
Thomas**



# *Viewpark Care Home Newsletter*



## *Autumn 2017 Newsletter*



Welcome to the Autumn Newsletter.

### *Staff News*

We would like to congratulate Caitlin Blair and Heather Gibson in completing the SVQ level 3 in Social Services and Healthcare. Well Done Ladies!

We would like to welcome David Gibson, Millie Sutherland, and Nadine McBurnie who have joined us as Support Workers.

We would also like to say farewell to Laura Ford who has left to do a similar role in a new care home. Laura was looking for a new challenge. We wish you all the best Laura. Linzi Montgomery has moved to Spring Gardens. Linzi was covering the nights in Viewpark and an opportunity arose for Linzi to cover days in Spring Gardens.





## Mary Queen of Scots



Mary Queen of Scots , also known as Mary Stuart or Mary I, reigned over Scotland from 14 December 1542 to 24 July 1567. Mary was born on the 8th December 1542 at Linlithgow Palace to James V of Scotland and Mary of Guise. Mary died on the 8th February 1547 at Fotheringhay Castle she was beheaded by her cousin Elizabeth I. Mary Queen of Scots son was James VI of Scotland and James I of England.



## *The Milton Weavers Quilt Exhibition*

The residents went on a trip to Musselburgh to attend The Milton Weavers Quilt Exhibition. The exhibition was held in Musselburgh old Primary School. The quilts on show were all different shapes and sizes. Quilts had various themes which included Chinese and Countryside. An afternoon tea was offered and the residents enjoyed tea with sandwiches and cake.



## *Portrait Gallery Workshop*

The workshop at the Portrait Gallery was a very interesting day. Residents were given the opportunity to look at costumes that were made with intricate workmanship. There was fine laces, velvets, and they saw how the costumes were included in famous portraits. The residents enjoyed trying on some of the replica costumes and looking at the finery of Mary Queen of Scots. As always the residents where offered a lovely cup of tea and cake while they had an opportunity to chat.





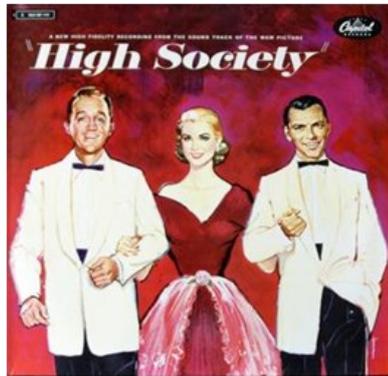
## Last 10 Winners of the Grand National

- 2017—One for Arthur
- 2016—Rule The World
- 2015—Many Clouds
- 2014—Pineau De Re
- 2013—Auroras Encore
- 2012—Neptunes Collonges
- 2011—Ballabriggs
- 2010—Don't Push It
- 2009—Mon Mome
- 2008—Comply or Die
- 2007—Silver Birch



## *High Society*

We had a great afternoon when a wonderful young lady came to perform High Society at the Home. High Society is a 1956 American musical comedy directed by Charles Walters. It starred Bing Crosby, Grace Kelly, and Frank Sinatra. The performer made three costume changes and performed brilliantly. Some of the residents had a little tear in the eye at the end.



## *Day at the Races*

We had an in-house day at the races. The residents enjoyed putting bets on and cheering on their horse to win. The races were videos of races that had occurred in the past. They were played on our touch screen computer in the lounge. The residents put on their hats and enjoyed the refreshments while hoping today would be their lucky day. The winner of each race got a little gift.





## Autumn Coleslaw

### Ingredients

Handful of Mixed Seeds  
4 tbs Low-fat Natural Yoghurt  
3 tbs Mayo  
2 tbs Dijon Mustard  
Chopped Parsley  
Grated Celeriac  
3 Carrots grated  
Red Cabbage thinly sliced  
Eating Apple thinly sliced

### Method

Heat a pan and add the seeds. Lightly toast on a medium heat. When slightly browned pour out of pan and reserve.

Mix yoghurt, mayo, mustard, and parsley. Pour over veg and apples, toss through and then season. Sprinkle over seeds and serve.



## *Making Jewellery for Nursery Children*

Some residents got involved in making jewellery for the Cosy Corner Nursery in Northfield Broadway. The nursery was looking for dressing up items for the children. There is another date planned soon for residents to do some more.



## *Learning New Skills*

Janet Graham one of our new residents has been teaching staff how to crochet. Jo Davidson our Deputy Manager and Heather Gibson one of our Practitioners have been showing everyone their fantastic work. Heather is crocheting a wee blanket for her new grandchild. Jo's flower shaped blanket looks fabulous. Janet is always ensuring they are doing it correctly and will help them fix any mistakes. Well done ladies!



Frances Mulhern has taken up knitting. Frances didn't feel she could still knit due to her Cerebral Palsy and has not done any knitting since she left school. Frances is knitting a scarf at the moment. Well Done Frances on your achievement.





## Halloween

Tonight is the night, When  
dead leaves fly, Like witches  
on switches across the sky,  
When elf and sprite Flit  
through the night on a  
moony sheen.

Tonight is the night, When  
leaves make a sound, Like a  
gnome is his home under  
the ground, When spooks  
and trolls creep out of holes  
mossy and green.

Tonight is the night, When  
pumpkins stare through  
sheaves and leaves  
everywhere, When ghouls  
and ghost and goblin host,  
Dance around their queen.  
It's Halloween.

By Harry Behn



## *Halloween*

On the 31st October Halloween the resident wanted to have a cheese and wine themed Halloween party, so that's what we did. There was spooky decorations put up and staff and residents put on costumes. Some did look quite scary. Jimmy our Chef made some pumpkin soup which the residents enjoyed at lunch time, then he made the pumpkins look pretty frightening once he had made the soup.



## *The Company People Carrier*

The Company has bought a people carrier that has wheelchair access. This will allow staff to take residents out on trips without having to book handycabs or taxi's. The people carrier is to be shared between the three homes. Staff that will be using the people carrier have been given training on how to use the wheelchair clamps. Staff have already taken some residents out and have found it "wonderful".





### Traditional Happy Birthday Song

Happy Birthday to you

Happy Birthday to you

Happy Birthday Dear (Name)

Happy Birthday to you

From good friends and true, From old friends and new,  
May good luck go with you, and happiness too.



### Birthday Celebrations

Resident who celebrated their birthdays since last newsletter are; Marion Baxter, Janet Graham, Marion Melrose, Frances Mulhern, and Drew Strachan. Residents celebrate their birthdays with a home made birthday cake within the home or with family. See a couple of pictures below of residents celebrating. Happy Birthday to you all!



"happy birthday to you"



## Staff Quick Fire Questions

Every Newsletter we dedicate a page to a member of staff. We ask them quick fire questions. This newsletter is Caitlin Blair who is a Support Worker and has worked within Abercorn Care Limited for over 2 years in different roles.



Name something you couldn't live without?

Crisps

What do you like better Chocolate or Caramel?

Caramel

What annoys you?

People Moaning

Cat or Dog?

Dog

What is your favourite Fruit?

Grapes

Last person you had dinner with?

My Mum, Nana, & Aunties

Your Favourite Flower?

Don't have one

Are you a morning or night person?

Night

What is your dream car?

Nissan Skyline

What do you prefer gold or silver?

Silver





## Residents Story

Every newsletter we dedicate a page to a resident who is happy to tell a story about any aspect of their life. This story is told by Janet Graham.



## Janet's Story

Janet was happy to tell us a little bit about her life. Janet started off telling us she was born in Wallyford on the 20th October 1931 and was one of three children. She has one brother Thomas and one sister Margaret. Janet's mother was a home-maker and father was a miner.

Janet was educated at Wallyford Primary School and then Crookston Secondary and really enjoyed school. When Janet left school she went to work for the Co-Operative in an administration role. Janet went on to have a career as a Social Worker and likes to talk about this part of her working days with joy and pride.

Janet really enjoyed dancing in Wallyford and Musselburgh and met her husband Kenneth at a local dance. Janet and Kenneth were married on the 22nd October 1955 in a church in Wallyford. Kenneth worked as a bookbinder with Letts Diaries in Dalkeith. Janet and Kenneth have two children Jackie and Ian and their family was complete. Janet now has 4 grandchildren. Janet and Kenneth had a happy marriage until Kenneth died.

Janet has always been involved in the local church and community taking part with fundraising events. Janet's hobbies included sewing, knitting, crocheting, and baking. Janet's hobbies were always put to great use as she would make clothes for family and friends. Janet has made wedding dresses in the past. Crochet and knitting are still hobbies Janet continues to do in Viewpark and has been teaching staff and other resident to do some of their own knitting and crocheting.





## In Flanders Fields

In flanders fields the  
poppies blow, Between  
the crosses, row on row,  
That mark our place: and  
in the sky, The larks, still  
bravely singing, fly  
Scarece heard amid the  
guns below.

We are the Dead. Short  
days ago, we lived, felt  
dawn, saw sunset glow,  
Loved and were ,loved,  
and now we lie In  
Flanders fields.

Take up our quarrel with  
the foe: To you from  
failing hands we throw  
The torch: be yours to  
hold it high. If ye break  
faith with us who die  
We shall not sleep,  
though poppies grow In  
Flanders fields.

**By John McCrae 1915**



## *Bonfire Night*

Residents got involved in some arts and crafts for Bonfire Night. Residents were using paints and crayons to design pictures of various fireworks.



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## *Making a Poppy Wreath*

Residents have been getting involved in preparing poppies to make a wreath for the 11th November. Residents having been colouring poppies bright red. Once there was enough a large wreath was made.





*Dates for Diary*

**Cheesy Autumn  
Mushrooms**

**Ingredients:**

- 4 Large Field Mushrooms
- 100g gorgonzola or blue cheese crumbled
- 25g walnuts toasted and roughly chopped
- 4 thyme sprigs
- A knob of butter. Cut into small pieces
- Rocket leaves

**Method:**

1. Heat oven to 200c / fan 180c / gas 6. Arrange the mushrooms on a baking tray. Scatter over the cheese, walnuts, thyme sprigs and butter.
2. Pop in the oven and cook for 10 minutes until the cheese is melted and the mushrooms are softened. Arrange rocket leaves on plate and add mushroom on top.



**Pantomime and Christmas Party  
15th December 2017 from 11am**



**Relatives Cheese & Wine Evening  
18th January 2017 @6.30pm**



*Julie Scott, Yvonne Craig and Liz Blair*

*Activities Coordinators and Care Home Manager*

*Viewpark Care Home*